

5 A Day Recipes

12 Soups to Get You Through the Winter

Turkey Soup with Sweet Potatoes

Serves 4-6 (4 as a hearty meal)

Picture

Many people feel they haven't really had a holiday feast if they haven't eaten leftovers. For those days following the big feast, here's a healthful and hearty soup that combines several holiday feast favorites. This recipe provides two 5 A Day servings for each person. With some bread and a small salad, it makes a comforting post-holiday meal.

- 1 cup uncooked wild rice
- 2 cups peeled, diced sweet potato (use canned or fresh)
- 1 14-ounce can low-sodium vegetable broth
- 1 32-ounce box low-sodium chicken broth, or 4 cups homemade no-salt-added turkey broth
- 1 15-ounce can white beans, drained and rinsed
- 3/4 pound cooked white turkey meat, chopped and shredded
- 1/3 cup quartered dried cranberries
- 1 teaspoon fresh thyme leaves (optional)
- 3 tablespoons minced fresh parsley
- 1/4 teaspoon salt
- 3/4 teaspoon black pepper

In lightly salted water, cook wild rice according to package directions and set aside.

Place sweet potato in a medium pot and add vegetable broth. Bring to a boil, then stir, lower heat and gently boil until sweet potato is cooked throughout, about 18-20 minutes.

Add chicken broth, beans, turkey, cranberries, thyme, parsley and black pepper and simmer, stirring occasionally, until soup is warm throughout.
Serve.

Nutritional Analysis Per Serving

(for 4 servings):

579 calories
88 grams carbohydrate
45 grams protein
5 grams fat
1.3 gram saturated fat
58 milligrams cholesterol
439 milligrams sodium
8 grams fiber
8% calories from fat
2% calories from saturated fat
2.33 "5 A Day" servings per person

(for 6 servings):

386 calories
59 grams carbohydrate
30 grams protein
3 grams fat
0.8 gram saturated fat
39 milligrams cholesterol
381 milligrams sodium
5 grams fiber
8% calories from fat
2% calories from saturated fat
1.5 "5 A Day" servings per person